

KidsFit

In Motion



SPRING 2025 Calendar

KidsFit in Motion, led by Ignite One, will offer Youth Fitness Programming. Get ready for non-stop fun with awesome music, fitness games, cool dance moves and chances to win prizes! You'll get stronger, faster and have a blast with your friends. Don't miss out!

Classes are **FREE** and graciously funded by the Devils Youth Foundation.

Location:

**Kids Fit in Motion at the
Rev. Dr. Ronald B. Christian
Community Health & Wellness Center**
208 Lyons Avenue
Newark, NJ 07112



Scan to register or email
Kerri.likakis@rwjbh.org
or call **973-926-7371**

A parent or guardian must stay for the duration of the class.



**RWJBarnabas
HEALTH**

**Newark Beth Israel
Medical Center**



Happy Feet Fitness (3-7 year olds)

Every Saturday: April 5 - June 28

(Class will be virtual on April 19, April 26, May 17, May 24, June 14, June 21)

9:00 - 9:45 a.m.

A fitness class perfect for little ones who need to move! Families are welcome join in the fun!



Cardio Kids Jam (7-13 years old)

Every Saturday: April 5 - June 28

(Class will be virtual on April 19, April 26, May 17, May 24, June 14, June 21)

10:00 - 11:00 a.m.

This fun weekend class will help kids improve their mobility, flexibility, and coordination through a variety of fitness games and dance moves. Wear Sneakers.



StrongHer Pilates (girls 12-18 years old)

Every Monday: April 7- June 30

No class April 21 and May 26

4:30 - 5:30 p.m.

Pilates builds strength, flexibility and balance with slow and controlled movements that focus on your core and lower back muscles. Class is typically done barefoot.



Champions in Training (12-18 years old)

Every Thursday: April 3- June 26

No class June 19

4:30 - 5:30 p.m.

This class will teach aspiring athletes proper techniques for strength training, agility endurance and speed with an emphasis on injury prevention and recovery.